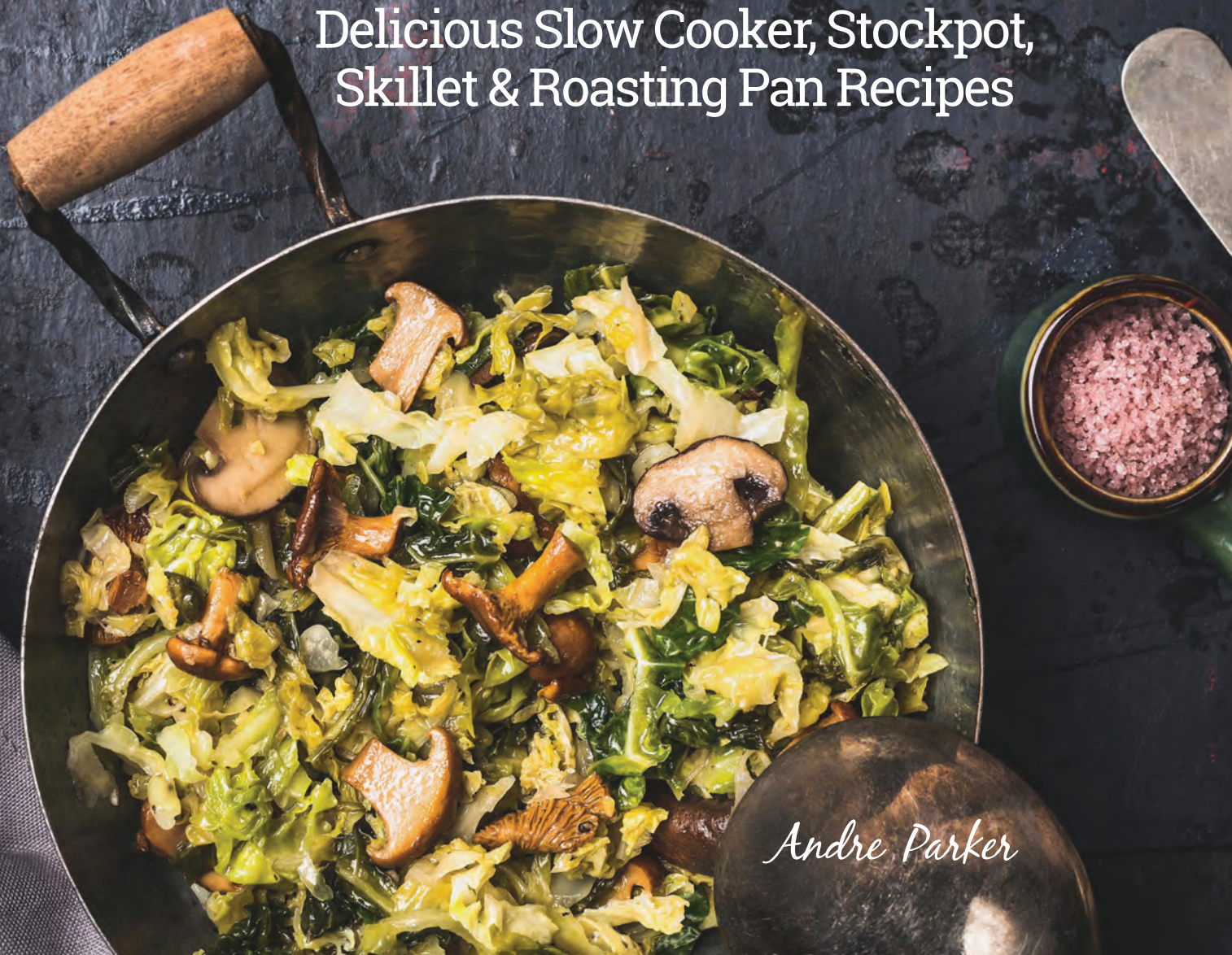


GAPS Diet

One Pot Delights Mini Series

Delicious Slow Cooker, Stockpot,
Skillet & Roasting Pan Recipes



Andre Parker

Welcome to the One Pot Delights edition in my
Heal Your Gut Mini Series



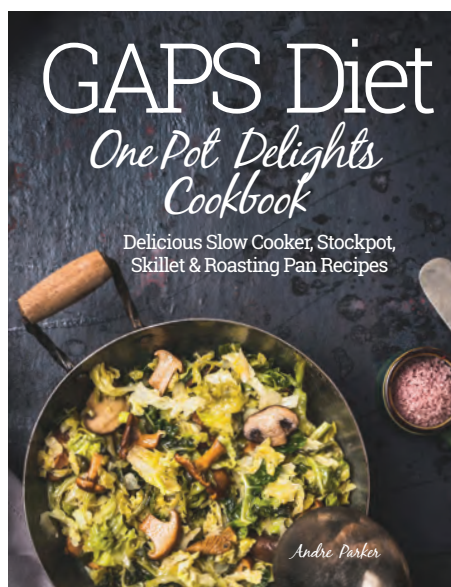
I have decided to develop this book as a way to make cooking on the GAPS diet easier, healthier and more delicious.

One-pot cooking is a great way to pack nutrient dense foods into your diet whilst making your gut healing journey a whole lot easier by using just one pot to throw together a range of delicious and gut healing one pot delights!

Recipes are organized by the equipment required – including slow cookers, skillets, stockpots, casserole dishes and roasting pans.

I have chosen a selection of my favourite one pot recipes for this mini book and if you want to save yourself precious time and effort in the kitchen, while creating delicious and nutritious GAPS-compliant recipes than checkout the entire One Pot Delights cookbook by clicking on the image below.

Enjoy your One Pot Delights!



Rosemary Lamb Stew

(GAPS Stage 3+)



4



10 minutes



6-8 hours

Ingredients:

- 1 lb. of boneless leg of lamb chopped into 1 inch cubes
- 6 cups of bone stock (homemade)
- 1 butternut squash, peeled and cubed
- 2 carrots, thinly sliced
- 1 yellow onion, chopped
- 2 cloves of garlic, chopped
- 2 thyme sprigs
- 1 rosemary sprig
- ½ tsp. sea salt
- ½ tsp. black pepper

Directions:

1. Start by adding the lamb, carrots, butternut squash, onion and garlic to the base of the crockpot.
2. Cover with the bone stock, thyme and rosemary.
3. Season with salt and pepper and cook on low for 6-8 hours or until the lamb is tender.



Slow Cooker Butternut Squash Soup

(GAPS Stage 6+)

** May be suitable for GAPS Stage 2+ if coconut is omitted*



4



10 minutes



4-6 hours



Ingredients:

- 2 cups of butternut squash, cubed
- 6 cups of bone stock (homemade)
- 1 garlic clove, chopped
- 1 yellow onion, chopped
- 1 cup of homemade coconut milk
- 1 rosemary sprig
- Sea salt and pepper to taste
- Cracked red pepper for garnish (optional)



Directions:

1. Place the butternut squash, onion and garlic in the base of the crockpot.
2. Top with the bone stock and rosemary, and season with salt and pepper.
3. Cook on high for 4-6 hours. During the last hour of cook time, add in the full-fat coconut milk and stir.
4. Remove the rosemary sprig before serving.
5. Serve with cracked red pepper, if desired.

Quick Tip: This recipe is suitable for GAPS Stage 2+ if the coconut milk and cracked red pepper is omitted and the rosemary sprig is removed before serving.

Cream of Pumpkin Soup

(Full GAPS)



4



15 minutes



6-8 hours



Ingredients:

- 4 cups of homemade vegetable stock
- 2 cups of fresh pumpkin diced
- 1 large carrot, chopped
- 1 onion, chopped
- 2 cloves of garlic, chopped
- 1 winter squash, cubed
- 1 cup of homemade coconut milk
- Sea salt and pepper to taste

Directions:

1. Start by adding all of the ingredients to a slow cooker minus the coconut oil and cook on low for 6-8 hours.
2. During the last hour of cooking time, add the coconut milk and stir.
3. Using an immersion blender, blend the soup until smooth.
4. Season with salt and pepper and enjoy.



Lemon Garlic Roasted Chicken

(GAPS Stage 4+)



8



20 minutes



1 ½ hours



Ingredients:

- 1.5 lb. organic grass-fed roasting chicken
- 1 lemon, sliced
- 2 Tbsp. extra virgin olive oil
- 1 head of garlic, cut in half
- 1 Tbsp. fresh thyme
- 3 rosemary sprigs
- Sea salt and pepper to taste

Directions:

1. Start by preheating the oven to 450°F and greasing a roasting pan.
2. Remove the chicken giblets and rinse the chicken under cool water. Pat dry and add to the roasting pan.
3. Season with salt, pepper and fresh thyme.
4. Fill the cavity of the chicken with the lemon, garlic and rosemary sprigs.
5. Brush the outside of the chicken with the olive oil.
6. Tie the legs of the chicken using kitchen string and then tuck the wings under.
7. Place in the oven and bake for an hour and a half or until the juices start to run clear and the chicken is cooked through.
8. Allow the chicken to sit out for about 10-15 minutes before slicing.



Creamy Coconut Ice Cream

(Full GAPS)



6



5 minutes + 4 hours in the freezer



0 minutes



Ingredients:

- 2 cups of unsweetened, full-fat coconut cream (refrigerated overnight)
- ¼ cup raw honey
- 1 tsp. ground cinnamon

Directions:

1. Simply add all ingredients to a large mixing bowl and, either using a hand-help mixer or whisking by hand, whisk until creamy.
2. Transfer to a freezer safe container and freeze for 4 hours, stirring every hour until a soft serve ice cream consistency forms.

